

October 1, 2015



DATES TO REMEMBER

Thurs. Oct. 8 – 11:00 – socialization – T,
Cassandra, Vanessa, Katasha
10:00 - parenting

Wed. Oct. 14 – 12:00 – Policy Council

Thurs. Oct. 15 – 11:00 – socialization –
Eleanor, Renee', Shante', Pam
10:00 - parenting

Thurs. Oct. 22 – 11:00 – socialization – St.
Clair

Thurs. Oct. 29 – 11:00 – socialization – T,
Cassandra, Vanessa, Katasha
10:00 – parenting

Thurs. Nov. 5 – 11:00 – socialization –
Eleanor, Shante', Renee', Pam
10:00 - parenting

Wed. Nov. 11 – 12:00 – Policy Council

Thurs. Nov. 12 – 11:00 – socialization – T,
Vanessa, Katasha, Cassandra
10:00 - parenting

Thurs. Nov. 19 – 11:00 – socialization – St.
Clair

The Pilgrims

In the year of 1620 on a cold December day a hundred and two pilgrims sailed into Plymouth Bay. Still wary from their voyage – still facing winter's chill – they kept their sights on freedom with courage, work, and will. Pilgrims did not stop to think of riches, fame, or glory while bravely playing starring roles in our new nation's story.

by Bobbi Katz –



HAPPY HALLOWEEN

It's late and we are sleepy,
The air is cold and still.
Our jack-o-lantern grins at us
Upon the window sill.
We're stuffed with cake and candy
And we've had a lot of fun,
But now it's time to go to bed
And dream of all we've done.
We'll dream of ghosts and goblins
And of witches that we've seen,
And we'll dream of trick-or-treating
On this happy Halloween.



DAYLIGHT SAVINGS TIME ENDS!

Don't forget to move your clocks back on
November 1, 2015. Daylight savings time ends
for another year.



I LOVE YOU RITUALS

Consciousdiscipline.com

Times to use I Love You Rituals 1. Relationship and trust building moments 2. Routines and transitions
Greetings and good-byes Diapering and toileting From active to quiet times Rest time

Twinkle, Twinkle, Little Star Twinkle, twinkle, little star, What a wonderful child you are! With bright eyes and nice round cheeks, Talented person from head to feet. Twinkle, twinkle, little star, What a wonderful child you are!

PREPARATION AND INSTRUCTIONS

“Twinkle, twinkle, little star”

It is important that you be at the same height as the child for this activity. Hold your child’s hands and raise them slightly above your heads. Wiggle your fingers together to represent the “twinkle” of stars.

“What a wonderful child you are”

Bring your arms down and rest your hands on your child’s shoulders with the child’s hands on your shoulders

“With bright eyes and nice round cheeks”

Take your hands off the child’s shoulders and touch the child’s face with your index fingers. First, touch the child next to his eyes. Then draw your fingers down around the child’s cheeks.

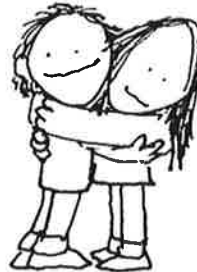
“Talented person from head to feet.”

Take the child’s hands in yours and swing them up high (above the child’s head) and sweep them down low (to the child’s feet)

“Twinkle, twinkle, little star”

Raise the child’s hands and touch fingertips as in the beginning. Wiggle your fingertips to represent the shining stars.

“What a wonderful child you are!”



End the interaction with a hug.

How can I keep my toddler from getting sick this winter?

Good question, since as sure as the mercury drops, [cold](#) and [flu](#) viruses make the rounds through homes and daycare facilities each year. If only there were a way to guarantee that your toddler won't get sick. Is there?

"Not really," says Paul Offit, chief of infectious diseases at the Children's Hospital of Philadelphia. Many common winter viruses are airborne, so if your toddler takes a breath within, say, 4 to 6 feet of someone who's sick, he can easily catch the bug himself.

What's more, most people stricken by winter viruses are contagious before they develop symptoms. So pulling your child away from a sniffling, coughing, or sneezing pal doesn't guarantee that he won't come down with similar symptoms himself.

Neither will bundling him up: Studies have shown that exposure to cold or damp weather doesn't increase a child's likelihood of catching a cold, says Offit.

Still, don't give up without a fight. There are several simple steps you can take to help fend off germs and keep your toddler as healthy as possible this winter.

So what should I do?

Make sure your child washes his hands.

Teach your child not to touch his eyes or nose.

If your child's in daycare, check the "sick-kid" policy.

Get your child vaccinated.

Do what you can to boost your toddler's immunity naturally.

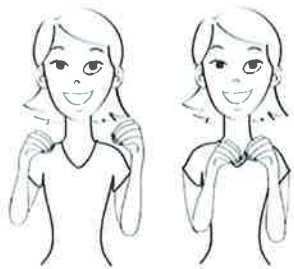


SIGNS TO HELP YOUR BABY



I love you!

eat / food



more

HALLOWEEN SAFETY

FROM, The American Academy of Pediatrics

ON THE TRICK-OR-TREAT TRAIL:

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- Only go to homes with a porch light on and never enter a home or car for a treat.
- Because pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters.
- Stay in a group and communicate where they will be going.
- Remember reflective tape for costumes and trick-or-treat bags.
- Carry a cellphone for quick communication.
- Remain on well-lit streets and always use the sidewalk.
- If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- Never cut across yards or use alleys.
- Only cross the street as a group in established crosswalks (as recognized by local custom). Never cross between parked cars or out driveways.
- Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!
- Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.



Chicken Noodle Casserole I All recipes.com

Original recipe makes 6 servings

- 4 skinless, boneless chicken breast halves
- 6 ounces egg noodles
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup sour cream
- salt to taste
- ground black pepper to taste
- 1 cup crumbled buttery round crackers
- 1/2 cup butter

Directions

1. Poach chicken in a large pot of simmering water. Cook until no longer pink in center, about 12 minutes. Remove from pot and set aside. Bring chicken cooking water to a boil and cook pasta in it. Drain. Cut chicken into small pieces, and mix with noodles.
2. In a separate bowl, mix together mushroom soup, chicken soup, and sour cream. Season with salt and pepper. Gently stir together cream soup mixture with the chicken mixture. Place in a 2 quart baking dish.
3. Melt butter in a small saucepan, and remove from heat. Stir in crumbled crackers. Top casserole with the buttery crackers.
4. Bake at 350 degrees F (175 degrees C) for about 30 minutes, until heated through and browned on top.



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Autumn

